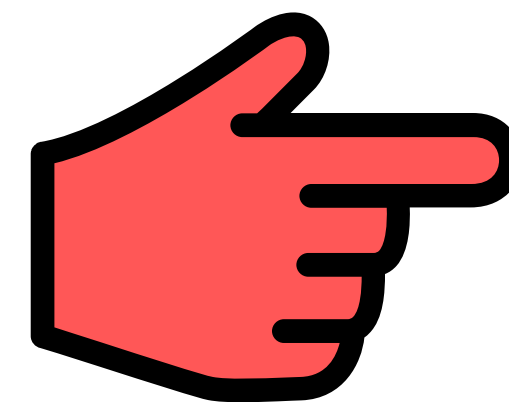


For ENGLISH text go  
to the next page



Prosiect  
Paratoi



Mae'n hollol normal pryderu am beth sy'n digwydd. Os ydyn ni'n onest, mae'r rhan fwyaf o bobl yn pryderu. **Dwyt ti ddim ar dy ben dy hun.** Dyma rai pethau sy'n gallu helpu.

### Mae 'na ap ar gyfer hwnna!

Apiau sy'n gallu cefnogi llesiant:

- For me (ap Childline)
- Calm Harm- rheoli awydd i hunan-niweidio
- Clear Fear- help i reoli dy bryder
- Moodometer- dyddiadur rhyngweithiol i nodi dy hwyliau
- Calm- helpu i leihau straen a phryder a gwella cwsg

Mae llawer o apiau eraill hefyd, cei di ragor o syniadau ar y safle yma:

- [healthyyoungmindspennine.nhs.uk/resource-centre/apps/](https://healthyyoungmindspennine.nhs.uk/resource-centre/apps/)

## Pum Cam at Lesiant

Dyma rai pethau rwyd ti'n gallu gwneud hyd yn oed yn ystod y Coronafeirws:

- **Cysylltu**- â rhywun rwyd ti'n nabod trwy alwadau ffôn neu alwadau fideo.
- **Bod yn egniol**- mynd am dro yn dy ardal leol, dawnsio i'th hoff gerddoriaeth, neu mae digon o bobl ar Instagram a YouTube yn cynnig gweithgareddau cadw'n heini i bob gallu.
- **Rhoi sylw i beth sydd o'th gwmpas**- gallet ti dreulio amser yn tacluso dy gartref; neu gymryd amser i sylwi ar bethau tu allan- fel yr adar, y coed ac ati
- **Dysgu**- rho gynnig ar ddysgu rhywbeth newydd bob dydd. Gallet ti ddysgu gair newydd, darllen llyfr neu flog, neu wyllo sgwrs TED
- **Rhoi**- anfon neges at rywun dwyt ti ddim wedi siarad â nhw ers sbel neu rho nodyn trwy ddrws cymydog hŷn i ddweud helô ar adeg o ynysu, pan allen nhw fod yn eitha unig.

## Cyfryngau Cymdeithasol

Mae pawb ohonon ni eisiau cael gwybodaeth i ddeall y sefyllfa'n well yn y cyfnod yma.

Ond dylet ti fod yn ymwybodol bod llawer o bostiadau'n defnyddio gwybodaeth ffals neu gamarweiniol wrth ddweud rhywbeth fel 'mae ffrind i fi sy'n feddyg yn dweud....'

Felly, gofala gasglu gwybodaeth o ffynonellau addas:

- Newyddion y BBC/Sky
- Iechyd Cyhoeddus Cymru

[icc.gig.cymru/pynciau/gwybodaeth-ddiweddaraf-am-coronavirus-newydd-covid-19/](https://icc.gig.cymru/pynciau/gwybodaeth-ddiweddaraf-am-coronavirus-newydd-covid-19/)

- Gwefannau'r GIG

[www.nhs.uk/conditions/coronavirus-covid-19/](https://www.nhs.uk/conditions/coronavirus-covid-19/)

[www.gosh.nhs.uk/news/coronavirus-covid-19-information-children-young-people-and-families](https://www.gosh.nhs.uk/news/coronavirus-covid-19-information-children-young-people-and-families)

- Gwefan Llywodraeth Cymru

[llyw.cymru/coronafeirws](https://llyw.cymru/coronafeirws)

## Gwefannau defnyddiol

Rhai gwefannau defnyddiol i helpu i wella dy lesiant ar yr adeg heriol yma:

- [www.anxietyuk.org.uk/coronavirus-support-resources/](https://www.anxietyuk.org.uk/coronavirus-support-resources/)
- [www.ocduk.org/ocd-and-coronavirus-survival-tips/](https://www.ocduk.org/ocd-and-coronavirus-survival-tips/)
- [youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/](https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/)
- [www.childline.org.uk/toolbox/calm-zone/](https://www.childline.org.uk/toolbox/calm-zone/)



## Amser Ymlacio

Mae pawb ohonon ni'n ymlacio yn ein ffyrdd ein hunain, ond dyma rai syniadau syml pan fyddi di gartre:

- Gwneud cacen neu roi cynnig ar rysait newydd
- Chwarae dy hoff gêm cyfrifiadur
- Gwyllo llwyth o'th hoff raglen deledu
- Gwrando ar dy hoff gerddoriaeth (a chanu!)
- Dod o hyd i ymarfer yoga 10 munud ar youtube
- Cael bath hir

LLESIANT  
YN YSTOD  
CORONAFEIRWS



It's completely normal to feel worried about what's going on, let's be honest, most people are worried. **You're not alone.** Here are some things that can help.

### There is an app for that!

Some apps that can support your wellbeing:

- For me (Childline app)
- Calm Harm- manage your urge to self harm
- Clear Fear- to help manage your anxiety
- Moodometer- interactive mood diary
- Calm- help reduce stress, anxiety and improve sleep

There are lots of other apps too, go to the site below for more ideas:

- [healthyyoungmindspennine.nhs.uk/resource-centre/apps/](https://healthyyoungmindspennine.nhs.uk/resource-centre/apps/)

## Five Steps to Wellbeing

Here are some things you can do even during Coronavirus:

- **Connect**- through phone calls or video calls with someone you know,
- **Be active**- take a walk around your local area, dance to your favourite music, or there are plenty of people on Instagram and YouTube offering keep fit activities for any ability.
- **Take notice** of your surroundings- you might spend a bit of time to de-clutter your home; or take time to notice things outside like- the birds, trees etc
- **Learn**- try to learn something each day. You could aim to learn a new word, read a book or blog, watch a TED talk
- **Give**- Send a message to someone you haven't spoken to for a while or put a note through an elderly neighbour's door just to say hello at a time when they are self-isolating and may be quite lonely.

## Useful websites

Some useful websites to help improve your wellbeing at this challenging time:

- [www.anxietyuk.org.uk/coronavirus-support-resources/](https://www.anxietyuk.org.uk/coronavirus-support-resources/)
- [www.ocduk.org/ocd-and-coronavirus-survival-tips/](https://www.ocduk.org/ocd-and-coronavirus-survival-tips/)
- [youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/](https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/)
- [www.childline.org.uk/toolbox/calm-zone/](https://www.childline.org.uk/toolbox/calm-zone/)



## Social Media

We all want to find information at this time to understand the situation better.

Be aware that there are many posts etc that use false or misleading information even when they say something like 'a friend who is a doctor says...'

So, make sure you get information from appropriate sources:

- BBC News/Sky News
- Public Health Wales  
[phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/](https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/)
- NHS websites  
[www.nhs.uk/conditions/coronavirus-covid-19/](https://www.nhs.uk/conditions/coronavirus-covid-19/)  
[www.gosh.nhs.uk/news/coronavirus-covid-19-information-children-young-people-and-families](https://www.gosh.nhs.uk/news/coronavirus-covid-19-information-children-young-people-and-families)
- Welsh Government website  
[gov.wales/coronavirus](https://gov.wales/coronavirus)

## And Relax

We all have our own ways to relax, here are some simple home based ideas:

- Bake or try cooking a new recipe
- Play your favourite computer game
- Binge watch your favourite TV show
- Listen to your favourite music (and sing along!)
- Find a 10 minute yoga exercise on youtube
- Have a long bath

WELLBEING  
DURING  
CORONAVIRUS